




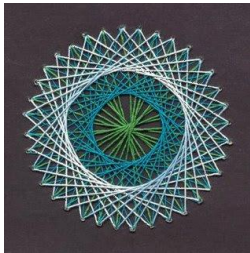




ATTENTION WOMEN VETERANS!! SPRING 2016 CALENDAR

You are invited to the following activities for women only at VA Central Iowa Health Care System in Des Moines

<p>Every Thurs. Time: 1:30-2:30pm Place: Bldg. 12 3rd floor dining room</p> <p>Yoga. No experience needed. Use a mat or chair. Come learn about deep breathing, relaxation and yoga.</p>	
<p>Tues. March 1, April 5, May 3 Time: 6:30pm Place: Bldg. 12 3rd floor dining room</p> <p>Fly Tying. Come learn how to make your own artistic flies for fishing. No experience needed.</p>	
<p>Fri. March 4, 2016 Time: noon-3pm Place: Bldg. 12, Room B109</p> <p>Come work on some fleece blankets to be given to hospitalized female veterans at the VA. Bring a snack or your lunch if you wish. Come socialize and work on this worthwhile project. No experience needed.</p>	
<p>Wed. March 23, 2016 Time: 12:30-3pm Place: Bldg. 12, room B109</p> <p>Gardening and Cooking. Come learn more about organic and companion gardening. Then work with the VA dieticians to learn about healthy eating. We will make a few items today and be given some new recipes.</p>	
<p>Wed. March 30 Time: 5:30-10pm</p> <p>The Des Moines Playhouse will be presenting "Sister Act" free of charge to veterans this night starting at 7:30pm. Several women said we should have dinner together before the show and attend the show as a group. Location for dinner to be determined. Let Suzanne know if you are interested and she will make sure you find out where we will meet for dinner.</p>	
<p>Wed. April 6 Time: 1-3pm Place: Bldg. 12, room B109</p> <p>Come learn how to do a string art project presented by one of our own women veterans. All supplies will be provided.</p>	

<p>Wed. April 20 Time: 9am-3pm Place: Iowa Veterans Home in Marshalltown, IA</p> <p>Women's Outreach Activity--additional flier and information will be sent out as soon as it is available; contact Connie Roth at 515-699-5647 for more information or to register for the event; come for inspiring speeches, presentations, activities, lunch, and a tour of IVH</p> <p>We will take a van/bus from the VA to the event if you'd like a ride. Contact Joni to sign up for a ride. Van will need to leave the VA at 8am and will return around 4-4:30pm.</p>	
<p>Fri. April 22 Noon-?? Des Moines Area Earth Day Trash Bash</p> <p>Come and join in the largest Earth Day Service Project in the state to clean up and beautify our community! This is a great way to represent the VA and the Women Veterans group as we give back to the Des Moines community. The day starts with a free lunch and orientation for all volunteers and then various jobs will be assigned to our group. Please contact Joni for more details and to get signed up!!</p>	
<p>On your own activity---just letting you know this is available</p> <p>Fri. May 27 7:05pm Wells Fargo Arena</p> <p>2016 Iowa Barnstormers Military Night—get free tickets by calling 515-564-8468</p>	
<p>Planning ahead—3rd Annual Retreat at Camp Wesley Woods-Sept 7-8 Information, schedule, etc. to follow---just SAVE THE DATES!</p>	

For questions, please contact Suzanne Anderson, Music Therapist at 699-5999 x4949
or e-mail Suzanne.anderson4@va.gov
or Joni Osmundson, Recreation Therapist at 699-5999 x4980
or e-mail joni.osmundson@va.gov

Please let Suzanne or Joni know if you plan on attending activities, especially trips, so they know how much money and space will be needed. Thank you!